DIRECTIONS

AND

OBSERVATIONS

RELATIVE TO

FOOD

EXERCISE

AND

SLEEP.

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DIRECTIONS

AND

OBSERVATIONS
PRELIMINARY

RELATIVE TO

CHOOSING

EXERCISE

AND

SLEEP.

PREFACE.

GREAT Part of these Directions and Observations was collected from Books, which treat of the Restoration or Preservation of Health. They were drawn up about a Year ago, for the use of a Person in an extreme weak State of Health. A strict Regard to them was followed with very salutary Consequences to that Person; and it is apprehended, that an Attention to them will be beneficial to others.

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DIRECTIONS and OBSERVATIONS RELATIVE TO FOOD, EXERCISE AND SLEEP.

INTRODUCTION.

AS mention will frequently be made, in the following Directions and Obſervations, of the firſt and ſecond Concoction, it cannot be improper to give a ſhort Account of theſe.

The firſt Concoction is performed in the Stomach. By this all that has been Eaten and Drunk at a Meal is Concocted or Digeſted, which Word means the ſame as the Word Concocted, into one uniform Maſs. The Parts of this Maſs,

proper for nouriſhing the Body are, in its Paſſage thro' the Inteſtines, ſeparated from the other Parts, and afterwards conveyed into the Blood.

The ſecond Concoction is performed in the Blood. By this the Parts, which after the firſt Concoction were conveyed into the Blood, are by a further Concoction rendered fit for Nouriſhing the different Parts of the Body.

It is of Conſequence to Health that both Concoctions ſhould be well performed: But it is of the greater Conſequence thereto that the firſt ſhould; it being agreed by the beſt Writers upon the Subject, that an Error in the firſt is ſeldom corrected in the ſecond Concoction.

CHAPTER I.

Of FOOD *in the* GENERAL.

THE ſupplying of the Blood with ſuch Humours, as are neceſſary to repair the Defect of thoſe Parts of the Body which are continually flying off, or in other Words to nouriſh the Body, appears to be the ſole End of Eating and Drinking. If this be ſo, it is evident, that the Eating or Drinking of more than is ſufficient to anſwer this End has a Tendency to Produce Diſtempers; in as much as the Blood is thereby filled with Humours which are not wanted for Nouriſhing the Body; and it would conſtantly produce Diſtempers, if the Body were not endued with Powers, by which the Blood is diſcharged of the ſuperfluous Humours. As theſe Powers muſt by a too frequent Exertion of them be impaired, it is in the higheſt Degree imprudent,

dent, to make a Practice of Eating or Drinking more than is ſufficient for the Nouriſhment of the Body.

It is the Duty of every Perſon to ſtudy his own Conſtitution, and to Eat and Drink of ſuch Things, and in ſuch Quantities, as he finds to agree beſt therewith.

If a bad Habit either in Eating or Drinking has been acquired, it ought to be changed for a better: But the Change ought to be very gradual; for as every Habit is a ſecond Nature, the ſudden Change of any one would be attended with Danger; becauſe it would be doing a Violence to Nature.

A Perſon of a moiſt Habit ought, for the moſt Part, to Eat Things of a dry Nature.

A Perſon of a dry Habit ought, for the moſt Part, to Eat Things of a moiſt Nature.

A Per-

A Perſon of a Diſpoſition to grow fat ought, for the moſt Part, to Eat Things of a lean Nature.

A Perſon of a Diſpoſition to grow lean ought, for the moſt Part, to Eat Things of a fat Nature.

A Perſon of a cold Habit ought to Eat and Drink things of a warmer Nature, than would be proper for a Perſon of warm Habit.

Every Thing which is Eaten ought to be well chewed; becauſe it is thereby reduced into ſmaller Parts, and a greater Quantity of Spittle is mixed therewith; and conſequently the firſt Concoction is rendered more eaſy.

If one Thing of a fat Nature and another of a lean Nature are to be Eaten at the ſame Meal, the former ought to be firſt Eaten: Becauſe the Fumes, which frequently ariſe in the Concoction thereof,

of, are not so likely to arise, when that is deposited at the Bottom of the Stomach, and the Thing of a lean Nature upon it; as if the latter had been deposited at the Bottom of the Stomach, and the Thing of a fat Nature thereupon.

It is wholesome to Drink often at Meal, and but little at a Time; because that which is Eaten is thereby more intimately mixed with that which is Drunk, and consequently the first Concoction is rendered more easy.

It is not wholesome to Drink any strong Liquor, before the Eating Part of a Meal is finished: in as much as nothing does so much conduce to the Perfection of the first Concoction, as that what is Eaten should to a certain Degree be mixed with small Liquor, before any strong Liquor is Drunk.

Strong Liquor ought to be Drunk with some Freedom by Persons in Years, after the Eating Part of a Meal is finished;

because

becauſe, as the Natural Heat is in them become faint, the warmth thereof is neceſſary to the perfection of the firſt Concoction: But the Drinking of too much ſtrong Liquor, even by old Men, is unwholeſome; for by ſtimulating the ſtomach too ſharply, it does frequently occaſion a Diſcharge of the Meal before it is perfectly concocted.

Young Perſons, to whom the warmth of ſtrong Liquor is not neceſſary to the Perfection of the firſt Concoction, the Natural Heat being in them ſtrong, ought to drink very little thereof after the Eating Part of a Meal is finiſhed.

The ſtrong Liquor, which is Drunk after the Eating Part of a Meal is finiſhed, ought to be Drunk ſoon after, that the firſt Concoction may not be diſturbed by a Continuance of Drinking.

IT is not wholeſome to make a Meal, before the Deſire of Eating and Drinking comes

comes on; for the Stomach is never discharged of the laſt Meal until this does come on, and if the Stomach be not discharged of the laſt Meal, it is not ready for the Concoction of a new Meal. On the other Hand, it is not proper to delay the making of a Meal any conſiderable Time after the Deſire of Eating and Drinking comes on, leaſt the Stomach, whilſt in a State of craving, ſhould draw to itſelf noxious Humours from the neighbouring Parts.

In what has been ſaid, namely, that it is the Buſineſs of the firſt Concoction to reduce all that has been Eaten and Drunk at a Meal into one uniform Maſs, be true, it is evident, that this Buſineſs muſt be better and more ſpeedily done, when only a few Things than when a great Variety have been Eaten and Drunk of at the ſame Meal.

It is unwholeſome to Eat and Drink too little at a Meal; for if that which is Eaten and

and Drunk at a Meal do not bear a due Proportion to the Size of the Stomach, the Stomach cannot be so contracted as that its concoctive Power may be exerted with proper Force; But it is vastly more unwholesome to Eat and Drink too much at a Meal; for, besides that when the Stomach is too much distended its concoctive Power cannot be exerted with proper Force, the Tone of the Stomach is in danger of being hurt by the too great Distension. Another Inconvenience does frequently arise from Eating and Drinking too much at a Meal, namely, that the Fumes produced by the first Concoction of a very large Meal fly up to the Head and bring on Sleep, which is prejudicial.

The Meal made at Supper ought to be a moderate one; for as the Time of Sleeping, which does usually commence soon after Supper, is the proper Time for the second Concoction, if the concoctive Faculty be diverted during Sleep from the Business of the second Concoction, in order to do the

Buſineſs of the firſt Concoction of a large Meal, the ſecond Concoction cannot be ſo well performed.

A Perſon in Years ought to make more Meals in a Day than one who is Younger; but he ought not to Eat much at a Meal: Becauſe as the Natural Heat, which is neceſſary to the Perfection of the firſt Concoction, is in him become faint, there would be Danger from Eating much at a Meal of extinguiſhing it entirely; In the ſame Manner as the faint Flame of a Lamp is ſometimes extinguiſhed, by the putting of too much Oil at one Time into the Lamp.

Such Perſons as labour much or uſe much Exerciſe ought to Eat more at a Meal, and of Things of a more nutritious Nature, than Perſons who lead a ſedentary Life.

It is unwholeſome to Eat between two Meals; for if this be done before the Concoction

coction of the former Meal is finiſhed, it obſtructs this; and if it be done after, it leſſens the Appetite for the next Meal.

A leſſer Quantity ought to be Eaten, and a greater Quantity ought to be Drunk at a Meal in the Summer than in the Winter.

That which is Eaten in the Summer ought to be eaſier of concoction than that which is Eaten in the Winter.

The Fleſh which is Eaten in the Summer ought in the General to be boiled; and that which is Eaten in the Winter ought in the General to be roaſted: But it never ought to be over-boiled or over-roaſted; becauſe it would thereby be in ſome Meaſure deprived of its more nutritious Juices.

The Liquor, which is Drunk after the Eating Part of a Meal is finiſhed, ought not to be ſo ſtrong in Summer as in the the Winter.

In

In the Spring and Autumn a middle way, both as to the Quantity and Quality of of what is Eaten or Drank, between that which ought to be done in Summer and that which ought to be done in Winter ought to be purſued.

CHAP. II.

Of the Different KINDS *of* FOOD.

FLESH is more Nutritious than any Vegetable Food; for as the Fleſh of every Animal is compoſed of the more nutritious Parts of the Food on which the Animal lived, it follows, that the Fleſh of an Animal, which lives altogether on Vegetable Food, muſt be more Nutritious than Vegetable Food; and *à fortiori* the Fleſh of an Animal which does in Part live on Animal Food muſt be ſo.

Lamb is more Nutritious than any kind of Poultry, Mutton than Lamb, Veal than Mutton,

Mutton, and Beef than Veal; But Pork is more Nutricious than any of these; for the Juices of Pork, which is more like Human Flesh than any other Flesh is, are more adapted to the Nourishment of a Human Body than the Juices of any other Flesh.

Lamb is harder of Concoction than any kind of Poultry; because the solid Parts of the Flesh of a larger Animal are of a firmer Texture than those of a smaller one, and consequently the first Concoction of the Flesh of the larger Animal is not so easy.

Mutton is for the same Reason harder of Concoction than Lamb, Veal than Mutton, and Beef than Veal.

Fish are not so Nutritious as Flesh; but Sea Fish are more so than River Fish.

If the Eating Part of a Meal has been in a great Measure composed of Fish, more strong Liquor ought to be Drunk than at other Times; because Fish are of a cold Nature.

More Bread ought to be Eaten with Fiſh than with Fleſh, that the firſt Concoction of the Fiſh, which are of a cold Nature, may be forwarded by the warmth of the ſpirituous Parts with which Bread abounds.

Fleſh or Fiſh, which has been ſalted or dried, is not ſo wholeſome as other Fleſh or Fiſh; for by the ſalting and drying, by which it is preſerved from Putrefaction, it is not only deprived of great Part of its Nutritious Juices, but it is alſo rendered hard of Concoction.

Brains and Marrow are very Nutritious.

Broth, beſides being very Nutritious, is proper Food for ſuch Perſons as have weak Stomachs; the trouble of concocting that of which it is made being ſpared.

The Yolk of an Egg is very Nutritious: but the White of an Egg affords little Nouriſhment, and it is hard of Concoction.

Milk

Milk is very Nutritious; and by Eating Sugar therewith the turning sour upon the Stomach, which in some Persons it is apt to do, is prevented.

Butter is very Nutritious, and if Eaten in a moderate Quantity is wholesome.

Cheese is in itself hard of Concoction: But a small Quantity thereof eaten toward the end of a Meal forwards the first Concoction of other things. That Cheese is most Nutritious which is neither new nor very old.

Bread is very Nutritious; and besides being in itself quite easy of Concoction does, by the warmth of the spirituous Parts with which it abounds, forward the first Concoction of other Things. Brown Bread is more wholesome than white; and there is not so much Danger of its being adulterated. That Bread is most wholesome which is neither new nor very stale.

Peas

Peas and Beans are Nutritious, but they are moſt wholeſome when Eaten without their Skins.

Turnips are very wholeſome, and more peculiarly ſo to ſuch Perſons as have weak Lungs.

Every Thing of the Cabbage Kind, if Eaten in a moderate Quantity, is wholeſome.

Muſtard, Horſe-radiſh, Creſſes, Celery and Onions are wholeſome, and more peculiarly ſo to Perſons of a cold Habit.

If Lettice or any other Vegetable of a cold Nature be Eaten, ſomething of a warm Nature ought to be Eaten therewith.

Apples are very wholeſome, and more peculiarly ſo to Perſons of a coſtive Habit.

Cherries, Plumbs, Grapes and Figs are wholeſome when ripe, and more ſo when they are dried.

Pears

Pears and Peaches, which are of a cold Nature, ought to be Eaten with great Moderation.

Cucumbers, which are of a very cold Nature, ought only to be Eaten by Perſons of a warm Habit; and if any are Eaten Pepper ought to be Eaten with them.

As very little Nouriſhment is derived from any Sort of Nuts, very few of any Sort ought to be Eaten; and if any are Eaten dried Grapes ought to be Eaten with them.

Perſons of a cold Habit, and ſuch as have weak Lungs, ought to Eat very little Vinegar.

The Liquor proper to be Drunk during the Eating Part of a Meal is Water or Small Beer.

Strong Beer or Wine is more proper to be Drunk after the Eating Part of a Meal is finiſhed than any diſtilled ſpirituous

Liquor; for although the latter ſhould be ſo diluted, that a given Quantity thereof would not contain more ſpirituous Parts than the ſame Quantity of Strong Beer or Wine; yet as the ſpirituous Parts, which have been once ſeparated by Diſtillation from the other Parts, would be more apt to fly off, when heated in the Stomach, than the ſpirituous Parts of Beer or Wine, it is not ſo wholſome; becauſe the End of Drinking ſpirituous Liquor after the Eating Part of a Meal is finiſhed, which is that the warmth of the ſpirituous Parts thereof may forwārd the firſt Concoction, would in a great Meaſure be fruſtrated.

Strong Beer is more Nutritious than Wine.

Red Wine is more Nutritious than White: But Sack and other white Wines of a generous kind are more proper for ſuch Perſons as have weak Lungs than red.

That ſtrong Beer or Wine is moſt wholeſome which is neither new nor very old.

CHAP.

CHAP. III.

Of EXERCISE.

EXercise to a certain Degree is neceſſary to the Preſervation of Health: For by increaſing Perſpiration it makes room in the Blood for new Humours, of which a conſtant Supply is neceſſary for the Nouriſhment of the Body.

Riding is the more proper Exerciſe for the Reſtoration of Health; Walking for the Preſervation thereof.

During the increaſe of warmth occaſioned by Exerciſe, the Blood is more generally diſtributed to all Parts of the Body than at other Times, the conſequence of which is, that the different Parts are more nouriſhed at that than at other Times.

The moſt proper Time for Exerciſe is immediately after riſing in a Morning; becauſe at that Time the Humours, which

were conveyed into the Blood from the Food of the preceding Day, have during the Night undergone the ſecond Concoction, and conſequently are fit to be diſtributed for the Nouriſhment of the different Parts of the Body.

Another proper Time for Exerciſe is a little before the making of a Meal; that if there be any ſuperfluous Humours in the Blood, they may, by the increaſe of Perſpiration occaſioned by the Exerciſe, be diſcharged before another Meal is made, from which new Humours will be conveyed into the Blood.

Exerciſe, which is in any Degree violent, ought not to be uſed ſoon after the making of a Meal: Becauſe it has a Tendency to open the upper Mouth of the Stomach; the Conſequence of which would be, the letting out Part of that Heat from the Stomach which is neceſſary to Concoction: Or to open the lower Mouth of the Stomach; the Conſequence of which would

would be the Diſcharge of the Meal before it is well concocted.

It is wholeſome to ſtand upright or walk gently ſoon after the making of a Meal; for by theſe, which have a Tendency to keep what is in the Stomach at the bottom thereof, the firſt Concoction is forwarded

That Sort of Exerciſe with which the Mind is moſt pleaſed, as Hunting or Shooting, is moſt wholeſome.

CHAP. IV.

Of SLEEP.

THE Time of Sleeping is moſt proper for the ſecond Concoction: Becauſe the natural Heat is at that Time greater in the interna Parts of the Body than during the Time of being awake. If this be ſo it

is is evident, that Sleep is neceſſary to the Preſervation of Health. Sleep is moreover neceſſary, that ſuch Parts of the Body, as are fatigued may by Reſt be reſtored to their Vigour.

It is not poſſible to lay down any Rule as to the Length of Time neceſſary for Sleeping; for as this does in a great Meaſure depend upon Age, Habit and other Circumſtances, it ought in different Perſons to be different: But it ſeems to be agreed, that it ought not in the general to be leſs than ſix nor more than nine Hours in a Day.

It is not proper to ſleep ſoon after Dinner, and more eſpecially ſoon after a large Dinner; becauſe Sleeping at that Time does frequently bring on a Heavineſs and Pain in the Head.

It is not wholeſome to go to Bed with the Stomach quite empty, leaſt noxious Humours ſhould be drawn by the Stomach, whilſt in a State of craving, from then eighbour-

bouring Parts. Another Inconvenience does frequently ariſe from going to Bed with the Stomach quite empty; namely, that the uneaſineſs occaſioned by the craving of the Stomach prevents ſleeping. An Hour and half, or two Hours, after Supper ſeems to be the proper Time for going to bed.

It is wholeſome to lie during Sleep on the right Side, and with the Head raiſed higher than the other Parts of the Body; for by both theſe, which have a Tendency to keep what is in the Stomach at the Bottom thereof, the firſt Concoction is forwarded.

It is very unwholeſome to ſleep in a prone or ſupine Poſture.

FINIS.